

Health Related Physical Fitness of (6 – 12 Years Old) Children:

A Comparative Study Between Sighted and Visually-Impaired

2013 / 2012

اللياقة البدنية المرتبطة بالصحة لدى التلاميذ من سن (6 – 12 سنة):

دراسة مقارنة بين والأطفال المبصرين المعاقين بصريا

إعداد

سوزان عطا الله الحايك

قدمت هذه الدراسة استكمالاً لمتطلبات الحصول على درجة الماجستير في علوم الرياضة

في جامعة اليرموك، اربد، الأردن.

وافق عليها

الأستاذ الدكتور حسين حسن أبو الرز.................................. مشرفاً ورئيساً

أستاذ/ بيولوجيا التدريب الرياضي للمعوقين/ جامعة اليرموك

الدكتور سليم عبد المجيد الجزازي .... عضواً

أستاذ مشارك/ قياس وتقويم في التربية الرياضية / جامعة مؤتة

الدكتور وصفي فرحان الخزاعلة.................................. عضواً

أستاذ مساعد/ قياس وتقويم في التربية الرياضية / جامعة اليرموك

تاريخ مناقشة الرسالة 1 / 5 / 2013م

ج

الإهداء

إلى من كلل العرق جبينه... وشققت الأيام يديه... إلى من علمني أن الأعمال الكبيرة لا تتم إلا بالصبر والعزيمة والإصرار...إلى من أكرمني الله بشرف أبوته وفيأني ظلال خيره ومحبته إلى أبي..... أطال الله بقاءه، وألبسه ثوب الصحة والعافية.....

إلى من رآني قلبها قبل عينيها وحضنتني أحشائها قبل يديها...إلى من غرست في نفسي السمو والتواضع والصدق في القول إلى أمي الحبيبة أطال الله في عمرها

إلى من كان دوماً بجانبي يمدني بالعزيمة إلى من وقف دائماً يؤازرني طيلة أيام الدراسة إلى زوجي الحبيب ...إلى نصفي الآخر أهديه ثمرة عملي المتواضع...

إلى الشمعتان اللتان أضاءتا حياتي إلى جنة دنياي...

نور الدين & بيسان

إلى من شاركوني حضن الأم.... ومن منحني التقدير والاحترام... أخوتي

إلى من قدمت لي العون والمساعدة إلى من إذا نظرت إلى عينيها شعرت بالتفاؤل والحياة والصفاء... إلى ذلك القلب الكبير

أختي مها، وأبنتها روان

إلى الذين ما أبصروا بعيونهم فأنعم الله عليهم ببصائرهم...

إليهم جميعاً أهدي هذا الجهد المتواضع

[illegible]

[illegible]	[illegible]
[illegible]	ب
[illegible]	ج
[illegible]	د
[illegible]	ه
[illegible]	و
[illegible]	ز
[illegible]	1
[illegible]	1
[illegible]	4
[illegible]	5
[illegible]	6
[illegible]	6
[illegible]	7
[illegible]	8
[illegible]	8
[illegible]	26
[illegible]	34
[illegible]	36
[illegible]	36
[illegible]	36
[illegible]	36
[illegible]	41
[illegible]	45

[illegible]

5ӨǘǊǁǦ ǶǊǍƏƑ5

[illegible]

[illegible] (12 ı 6) [illegible]

[illegible] 2013 [illegible]

[illegible]

[illegible] (110) [illegible] 12 [illegible] 6 [illegible]

[illegible] 49) [illegible]

[illegible] (12-6) [illegible]

[illegible] 61) [illegible]

[illegible]

[illegible] (BMI [illegible]

[illegible] (1) [illegible] (Brockport Physical Fitness Test (BPFT)) [illegible]

[illegible] (4) [illegible] (3) [illegible] (BMI) [illegible] (2) [illegible]

[illegible] (5) [illegible]

[illegible] (BMI) [illegible]

[illegible]

[illegible]

[illegible]

[illegible] (BMI [illegible]

(BMI)

[illegible]

[illegible]

.([illegible]1425 [illegible]) [illegible]

(US. Dep. of Health and [illegible]

[illegible] Human Service,1996)

[illegible]

.(Lieberman et. al. , 2010) [illegible]

[illegible] .(1994 [illegible]) [illegible]

[illegible]

[illegible]

[illegible] .(Arnheim & Pyfer, 1989)

[illegible]

[illegible] Hopper,) [illegible]

.(Fisher & Munzo, 1997

[illegible]

.3 (α ≤ 0.05)

.4 (α ≤ 0.05)

:(Health Related Physical Fitness)

.(317 ،1997)

:(Physical Fitness)

.(Safrit & Wood, 1995)

:(Visual-Impairment)

.(2007)

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

.(2011 [illegible]) [illegible]

[illegible]

[illegible]

[illegible] 1976 [illegible]

.1981 [illegible]

[illegible] (International Blind Sports Association, IBSA 1981) [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

.(2012 [illegible]) [illegible]

[illegible] (2011) [illegible]

[illegible]

[illegible]

[illegible] .(2012 [illegible])

[illegible] .(2011 [illegible])

[illegible]

[illegible]

.(2012 [illegible]) .[illegible]

[illegible]

: [illegible]

1. [illegible] .

2. [illegible] ([illegible]) .

3. [illegible] .

: [illegible] (French & Jansma, 1982) [illegible]

1. [illegible].

2. [illegible].

3. [illegible]

.(2011 [illegible]) [illegible]

[illegible]

.(2012 [illegible])

[illegible] (2010) [illegible]

[illegible]

[illegible]

[illegible].

[illegible]

[illegible]

[illegible] (2001) [illegible] .(1988 [illegible]) [illegible]

[illegible]

[illegible].

[illegible]

[illegible]

[illegible].

[illegible] (1987) [illegible]

[illegible]."

[illegible] (1992 [illegible]) [illegible]

[illegible]."

1- (Aerobic Capacity):

(AAHPERD, 1999).

(AAHPERD, 1989).

2- (Flexibility):

AAHPERD, (1999) 80%

(AAHPERD, 1989).

(2005)

(2004)

-3 **Muscular Strength**:

(AAHPERD, 1989).

1.

2.

3.

%50

(AAHPERD, 1989).

[illegible]

[illegible]

[illegible]

.(2012 [illegible]) [illegible]

[illegible]:

[illegible]:

:(**Legal Definition**) [illegible]

[illegible]

[illegible]

[illegible] 200 / 20 [illegible] (Visual Acuity) [illegible]

[illegible]

[illegible] 20 [illegible]

.(2011 [illegible]) [illegible]

:(**Educational Definition**) [illegible]

[illegible]

.(2012 [illegible]) (Braille Method) [illegible]

[illegible] (Functional Definition):

[illegible] 1971 [illegible]

[illegible]

[illegible] 2012).

[illegible]:

[illegible]:

[illegible] (Totally Blind) [illegible]

[illegible] 200/20 [illegible].

[illegible] (Partially Sighted) [illegible]

[illegible]

[illegible] 20 / 70 [illegible] 20 / 200 [illegible]

[illegible].

[illegible]

[illegible]:

1. [illegible].
2. [illegible].

3. [illegible].

4. [illegible].

5. [illegible].

6. [illegible].

[illegible]:

(International Blind for Sports [illegible] Association (IBSA) [illegible]:

أ. [illegible] (**B1**): [illegible].

ب. [illegible] (**B2**): [illegible] (2 [illegible]) [illegible] (60 [illegible]) [illegible] (60 /2 [illegible]) [illegible] (5 [illegible]) [illegible].

6) ĬùƙơǍ (Ƨƙdž 2) LJƵ þŏƨƙ ŁƼƓƪdž ĬǁƵ ǋƓƪɳŪƒ ŁŏƋƧ ĬǁƵ lƧþl!Ɠƙ ƨŏdžƙƙǍ :(**B3**) ƙƙǁƑƙǁƐ ƙƟƵǁƐ . Ł

/ 2 LJùdž ƧƓƮùƙ lǍp) (Ƨƙdž 60) þƶƙ ĬǁƵ ǋŏǁƪ!ƒ ƧƮƙdž!ƒ ƓǋƒƧŏ Ǒƙ!ƒǍ ƟǍƜǍ!ƒ LJdž ŁɳƧþƙ Ü(Ƨƙdž

ƓùdžǋǚŦ ǍƊ (Łùɳƨþ 20) Ĭù!ƍ (ƘƓùɳƧþ 5) LJùdž LJŏƙ ƟǍƒƧƙŏ ĭƧƮƙ ýƓɳdž ǍƊ (60 /6 Ĭ!ƍ 60

.(2011 Üĭþŏþơ!ƒ)

ƘƓơŏơƮùƙ!ƒ ƇƒƧùɳƍ þùƶƙ ǋùŏǋŏƵ ƒơƨƙ ŁŏƧƮƙ!ƒ ŁpƓƵŰƒ ǍƦ ƦŏdžǁƘ!ƒ ŁƑƼ þŏþơƙ ǋƙŏ Łŏơ

.þdžƙƶdž LJǍŏƵ ǑƑƓƮƤƊ ƒơƨ!Ɠƙ ǋǍlŏ LJƊ ƱƧƮƙǍ Ü(Łlƪǔ ƘƓƪþƵ ǍƊ lƧƙŦdž lƧƓǙǉ) Łdžƨǚ!ƒ

:ƙĭþƮƓǁƐ ƙƽƑƳŪƐ ƒƑƓƨƈ

ƻùǁƤƙǍ Łùŏdž Ɠǉ!ƒ ýǍþù!ƒ Ǒùƽ ƴlƙ ƧƮƙ!ƒ ƻŦ ƘǓƓơ LJdž % 90 LJƊ Ĭ!ƍ ƘƓƪƒƧþ!ƒ ƧŏƬƙ

LJdž ǂþơƒǍ LJƪ!ƒ Ǒƽ ǋþlƙ!ƒ ƧƙƶŏǍ ÜƓǌƙƧǍƱƤ ŁɳƧþ ǆƜŏƊ ƻǁƤƙǍ ŁŏƧƮƙ!ƒ ŁpƓƵű! ŁŏþƋdž!ƒ ƔƓƙƪŪƒ

:Ǒǁŏ Ɠdžƙ ŁŏƧƮƙ!ƒ ŁpƓƵŰƒ ƔƓƙƪƊ ƒŏƤǁƙ LJŦdžŏǍ ÜƧƓƮƙŰƒ ĬǁƵ lƧþl!ƒ ƧlǌlƘ ƔƓƙƪƊ

1. Łŏlǁƥ!ƒ ƔƓƙƪŪƒ.

2. LJŏƶ!ƒ ƔŏƮƙ Ǒƙ!ƒ ƜƒƧdžŪƒ.

3. LJŏƶ!ƒ Ɠǌ! ƜƧƶƙƙ Ǒƙ!ƒ ƘƓƙƓƮŰƒ .(2011 Üĭþŏþơ!ƒ)

:ƙĭþƮƓǁƐ ƙƽƑƳŪƐ þƑƪŁdžƐ ƙƓƨdž

ÜýƓùơ ĭƊ ĬǁƵǍ ÜǎƧƤƊ Ĭ!ƍ Ł!Ǎþ LJdž þŏþƮ!ƒ LJŏƓƙƙ!Ɠƙ ŁŏƧƮƙ!ƒ ŁpƓƵŰƒ ƧƓƮƙǉƒ Łƙƪǉ ƻƮƙƙ

ÜlþŏþƮ ŁŏƧƮƙ ŁpƓƵƍ ǋǌŏþ! þƧƼ 10000 ýŦ LJdž 50 Ĭ!ƍ 15 LJŏƙ Ɠdž LJƊ Ĭ!ƍ ƘƒƇƓƮơǓƒ ǋǙƶdž ƧŏƬƙ

.(Haring, 1982) [illegible]

[illegible] (120) [illegible] (35) [illegible] (2011) [illegible]

[illegible] (WHO) [illegible]

[illegible] (% 80) [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

(2009 [illegible]) [illegible]

[illegible]:

1. [illegible]:
    - [illegible].
    - [illegible].
    - [illegible] ([illegible]) -
      ([illegible]).
    - [illegible].
    - [illegible].
    - [illegible].
2. [illegible].
3. [illegible].
4. [illegible]
   [illegible].
5. [illegible]
   [illegible]
   [illegible].

(3

(4

.(2008

(5

(6

7)

8)

9)

(1994)

(Weitzman, 1983)

[illegible]

[illegible]:

[illegible] (Buell, 1982) [illegible]:

1. [illegible].
2. [illegible].
3. [illegible].
4. [illegible].
5. [illegible].
6. [illegible].
7. [illegible].
8. [illegible] (Buell, 1982).

[illegible] (25) [illegible] (25) [illegible] (8) [illegible] (t-test) [illegible] 30) [illegible] 50) [illegible] (0.01 ≤α) [illegible] (15-14) [illegible].

[illegible] (2006) [illegible] 32) [illegible] 16) [illegible].

[illegible]

[illegible] (Lieberman et. al. , 2010) [illegible]

Brockport) [illegible] 17-10) [illegible] (Physical Fitness Test (BPFT)

[illegible]

[illegible] (Colak et. al., 2004) [illegible]

[illegible] 103) [illegible]

[illegible] 15 -13) [illegible]

[illegible]

(Motor Skills) [illegible]

[illegible] (Meek & Maguire,1996) [illegible]

[illegible] 16-9) [illegible] 49) [illegible]

[illegible] (24 [illegible]) [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible] (Williams et al, 1996) [illegible]

[illegible] 20 [illegible] 10)

Discontinuous Incremental Treadmill (DITT) [illegible]

[illegible] Test

[illegible]

[illegible]

[illegible] (Blessing et al, 1993) [illegible]

[illegible]

[illegible] 30) [illegible]

[illegible] 16) [illegible]

Cardiovascular [illegible]

[illegible] Fitness and Improvement in Body Composition [illegible]

[illegible] (Seelye,1983) [illegible] (Detroit) [illegible]

(Kraus- [illegible] (111) [illegible]

[illegible] Weber)

[illegible] % 95 : [illegible]

[illegible] % 46 [illegible] % 84 [illegible]

[illegible]

[illegible]:

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible] (Brockport Physical Fitness Test (BPFT)) [illegible]

[illegible] .([illegible] 17-6) [illegible] (Physical Best) [illegible]

[illegible]

.(Williams et al, 1996) [illegible] (Meek & Maguire,1996) [illegible]

[illegible]

.[illegible]

[illegible]

[illegible]

[illegible]

[illegible] (1993 [illegible]) [illegible] (2006 [illegible]) [illegible] (2011 [illegible]) [illegible]

[illegible] (2009 [illegible]) [illegible]

[illegible] (1988 [illegible]) [illegible] (2001

.[illegible]

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ǀƐƂƐƥǕƝǆ ǊƨǐƥƯǁƐ

ƘƒƧǴùǈƙƤƒ ǁ!Ʀù‡Ă ŧǌƥƤƙƪǌ!ƒ ƘƒĂƥǕƒĂ ǴǆǇǉǑƵĂ ŧƪƒƧƥ!ƒ ƥƒƧƼǕ ǾƼƬĂ Ƈƨƞ!ƒ ƒƦǋ ǇǌưƙǑ

ƘǴùǇǴǒǈ!ƒ ýǑǁơƙ Ǒ5 ƘǌƥƤƙƪƒ Ǒƙ!ƒ ŧǑƑǴƬơǕƒ ƔǑ!ǴƪǕƒĂ ǴǆǇƙƒƇƒƧƞƒĂ ŧơƬ!Ǵǈ ŧƱǈƙƧǌ!ƒ ŧǑǉƥǈ!ƒ ŧƥǴǑǁ!ƒ

.Ǵǆǈ ŧƬǴƤ!ƒ

:ǈƨƐƥƣǁƐ ƛǋǌǄ

ǇǑƧƬùǈǌ!ƒ (ŧùǇƧǴǀǌ!ƒ ŧǑǈǈƪù!ƒ ƘǴƪƒƧƥ!ƒ) ǇǑǈ ŧǉƧǴǀǌǁ! ǑǈǑƧƞƙ!ƒ ŧǈƬ ƝǆǇǌ!ƒ ǌƒƥƤƙƪƒ ǌƙ

.ŧƪƒƧƥ!ƒ ŧǉǑƵĂ ŧơǈ!ƒ ŧǁ‡Ƭǌ ŧƶǑǈƱ! ǋƙǌƇǕǌ! ǴǑƧƬǈ ǇǑƥǴƶǌ!ƒĂ

:ǈƨƐƥƣǁƐ ƯǄŦƜǄ

ƟĂƒƧƙƙ ǇǑƦ!ƒĂ ǇǑƧƬǈǌ!ƒĂ ǴǑƧƬǈ ǇǑƥǴƶǌ!ƒ ƦǑǌǕƙ!ƒ ýǑǌƞ Ǉǌ ŧƪƒƧƥ!ƒ ýǌƙƞǌ ǇĂ‡ƙ

Ǒ5 ŧƶǈƒƧ!ƒ ǇǴǌƵ ŧǑǈƧƙ ŧǑƧǑƥǌ Ǒ5 ŧǑƪǴƪǕƒ ŧǁơƧǌ!ƒ Ǒ5 ǇĂƪƧƥǑ ǇǌǌǌƵ (ŧǉƪ 12-6) Ǉƪ ǌǆƧǴǌƵƒ

.ǌ2013/2012 ǑƪƒƧƥ!ƒ ǌǴƶ!ƒ ǇǌǑ ǑǇǴƛ!ƒ ýƬƼ!ƒ

:ǈƨƐƥƣǁƐ ǈǌǐY

(12-6) ǇǑùǈ ǌǆƧǴǌƵǄ ƟĂƒƧƙƙ ǇǑƦ!ƒĂ ǀƦǑǌǁƙĂ ǂƦǑǌǁƙ (110) ǏǁƵ ŧǑ!Ǵơ!ƒ ŧƪƒƧƥ!ƒ ƘǁǌƙƬƒ

ŧùǑǇƥƧǕƒ ŧǑǌǑƥǴ‡Ǖƒ) ǌĂƙ‡ǌ ǌǄ Ǉǈ Ÿƒ ƥǈƵ ŧƪƧƥǌ Ǒ5 ǴǑƧƬǈ ǇǑƥǴƶǌ!ƒ Ǉǌ (ǀƦǑǌǁƙĂ ǂƦǑǌǁƙ 49) ǌǆǇǌ

[illegible]

[illegible] 61 [illegible].

[illegible]

(1) [illegible]

[illegible]

[illegible]	[illegible]	[illegible]	[illegible] B2		[illegible]	[illegible] B1		[illegible]	[illegible]		[illegible]
			[illegible]	[illegible]		[illegible]	[illegible]		[illegible]	[illegible]	
% 10.9	12	5	3	2	1	0	1	6	2	4	7 [illegible] 6
% 9.1	10	2	0	2	3	1	2	5	2	3	8 [illegible] 7
% 17.3	19	4	3	1	5	4	1	10	6	4	9 [illegible] 8
% 22.7	25	6	1	5	2	2	0	17	7	10	10 [illegible] 9
% 18.2	20	6	1	5	6	3	3	8	0	8	11 [illegible] 10
% 21.8	24	3	0	3	6	3	3	15	1	14	12 [illegible] 11
% 100	110	26	8	18	23	13	10	61	18	43	[illegible]
% 100		%100	%30.8	%69.2	%100	%56.5	%43.5	%100	%29.5	%70.5	[illegible]

(2) üNjqǁ

(ƑǏƥ Ƭ Ǥ DžǏƨNjyDžǁƐ ƕƏƺNj DžǏƥ Ƭ ǤDžǁƐ) ƕƏ2ǁƐ ƒ ƨ Ɵ ƕ ƨ ƐƥqǁƐ ƕǛǏY ǀ ƐƥǏƩƉDžǁ ƕǏƥƑǇDžǁƐ ǀ ƑƺƐƥƟǛŬƐNj ƕǏǤƑ ƨ ƟǁƐ ǀ ƑƯ ƨ NjƉDžǁƐ

ƀƐNjƉǁŬƐ	ƕDžǏƨǁƐ ĂǂYŬƐ	ƕDžǏƨǁƐ ĂǚqŬƐ	Ʃ ƐƥƟǛŬƐ ăƥƑǇDžǁƐ	Ư ƨ NjƉDžǁƐ Ǐ ǤƑ ƨ ƟǁƐ	qqy ǁƐ	ƕƏ2ǁƐ	ƕYNjDžǙDžǁƐ
0.07	12.00	6.00	1.13	10.00	61	ƧǆǻƵ!ƒ	DžǏƥ Ƭ ǤDžǁƐ
0.33	155.00	126.00	8.26	139.00	61	ýĂƱ!ƒ	
0.82	50.00	25.00	7.24	38.00	61	LJƨĂ!ƒ	
-0.59	23.00	13.12	2.26	19.00	61	BMI	
-0.44	12.00	6.00	1.69	10.00	49	ƧǆǻƵ!ƒ	ƑǏƥ Ƭ Ǥ DžǏƨƑyDžǁƐ
-0.05	153.00	113.00	10.00	134.00	49	ýĂƱ!ƒ	
1.34	67.00	21.00	10.88	33.00	49	LJƨĂ!ƒ	
1.56	29.00	13.00	3.71	18.00	49	BMI	
-,352	12.00	6.00	1.61	10.00	110	ƧǆǻƵ!ƒ	Ǐ ǂ ǁƐ
,068	155,00	113.0	9.00	136.00	110	ýĂƱ!ƒ	
,703	67,00	16,00	9,00	35.00	110	LJƨĂ!ƒ	
,813	29.00	13.00	3.07	18.65	110	BMI	

:Ŏǁŏ Ǥǆ (2) ýĂƥƞ!ƒ LJǆ ƧnjƲŏ

ǐ ƧǤùŏƶǆ ƻƒƧơǉǤùƕĂ (10.00) ƧǤùǆƵǕƒ ƱƪĂƙǆ ƩǁƕLJŏƧƬƕǆ!ƒ ƥǉƵ ƧǆǻƵ!ƒ ƧŏǯƙǆǃƉƕƪǉ!Ǥƕ -

Džùƙ Ŏƙ!ƒ LJŏƧƬƕǆ!ƒ ƉǉŏƵ ƧǆƵ Ŏ5 LJŏǤƕƙ!ƒ LJD Ǐ ǁƵ ýƥŏ ƒǨNjĂ (0.07) ǇƒĂƙ!Ǖƒ ƩǁƕĂ Ü(1.13)

.Ɖǉùƪ (12) ƧùǆƵ ƧƕǂDĂ ÜƘƒĂǉƪ (6) ƧǆƵ ýpD Ʃǁƕ Ɨŏơ Ü ƻŏƶư Ɖ ƪƒƧƥ!ƒ ǉǨNj Ŏ5 Ǥnj!ĂǤǉƙ

Ü(1.69) ǐ ƧǤùŏƶǆ ƻƒƧơǉǤƕĂ (10.00) Ɖǉŏƶ!ƒ ƧǆƵ ƱƪĂƙǆ Ʃǁƕ ƥǀ5 ǤŏƧƬƕ LJŏpǤƶǆ!ƒ ƉƑ5 ǤǆD

ǇǤǠǀ ƢǑǔǼŭ ƶLJǧ ǀ ƽǀ ǚ ǷƾǬǽ ƳǼǨǀ ǈǤǐǀ ƣǤ ǫǑǟ ǆǸǠ ǘƢǋǤǀ ǀ ǹǘ ǀ ǀ ǈǤǐǀ ǀǑǓ ǀ ǹǀ ǀǀ ǀ ǀ ǚǓ ǀ ǀ ǀ ǹǐǀ ǀ ǀ (0.44) ǆǸǠ ǀǑǔǼŭ ǀǑǧ ƢǑǔǼŭ ǆǠǤ ǘƢǋǤǀ

ǇǤǠǀ ǀǑǔǼŭ ǂȂ5 ăþ! ǀǀǀ (12) ǈǤƵ ǈǤǀǀ ǀǀǀ ǀǀǀǀǀǀ Ǚǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀ (6) ǈǤƵ ýpǀ ǀǀǀ ǀ ǒơ ǈǤǀǀ Ǉǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀ

.ǀǒƧ Ƭǀ

- ǀǀǀǀǀǀ ǀǀǀǀǀǀǀǀǀǀ (139.00) ǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀ ǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀ (0.33) ǀ ǀǀǀǀ ǀǀǀ ǀǀǀǀǀǀǀǀǀ ǀǀǀ ǀǀǀǀǀǀǀǀǀǀǀ (134.00) ǀǀǀǀǀǀǀǀ .(1.34) ǆǸǠǀ

- ǀǀǀǀǀǀǀ ǀǀǀǀǀǀ (ǀǀǀ 38.00) ǀǀǀ ǀǀǀǀǀǀǀǀǀǀ (0.09) ǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀ (33.00) ǀǀǀǀǀǀ .(0.05) ǆǸǠǀ

- ǀǀǀǀ ǀǀǀǀǀǀǀǀǀǀǀ (19.00) ǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀ (BMI) ǀǀǀǀǀǀǀǀǀǀ (0.59) ǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀ (BMI) (18.00) ǀǀǀǀǀǀǀ .(1.56) ǆǸǠǀ ǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀ (1.56 - 44.-) ǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀ .(3 ³) ǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀǀ

(3) [illegible]

[illegible] (ANOVA) [illegible]

[illegible]	(F) [illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]
0,39	0,945	2,452	2	4,904	[illegible]	[illegible]
		2,595	107	277,651	[illegible]	
			109	282,555	[illegible]	
*0,005	5,483	13,793	2	27,586	[illegible]	[illegible]
		2,516	107	269,186	[illegible]	
			109	296,773	[illegible]	
0,059	2,904	238,074	2	476,148	[illegible]	[illegible]
		81,970	107	8770,771	[illegible]	
			109	9246,918	[illegible]	

(α ≥ 0.05) [illegible] (*)

:[illegible] (3) [illegible]

- [illegible] (α ≤ 0.05) [illegible]
.[illegible]

- [illegible] (α ≤ 0.05) [illegible]
.[illegible] (4) [illegible]

(4) [illegible]

[illegible]

[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]
*5.09	2,01	-	138,05	[illegible]	[illegible]
3,08	-		136,04	[illegible]	
-	-	-	132,96	[illegible]	

(*) [illegible] (α≤ 0.05)

- [illegible] (138.05 [illegible]) [illegible]

(132.96 [illegible]).

[illegible]:

Independent Variables :[illegible]

- [illegible]: ([illegible] 6 - 12 [illegible])
- [illegible]: ([illegible])
- [illegible]: ([illegible]).

Dependent Variable :[illegible]

[illegible]

[illegible].

[illegible]

[illegible]

[illegible]

[illegible]

[illegible] .(**Health Related Physical Fitness**)

[illegible]

[illegible] (Brockport Physical Fitness Test (BPFT)) [illegible]

[illegible] (State University of Newyork, College at Brockport) [illegible]

(Physical Best) [illegible] (Winnick & Short 1998) [illegible]

AAHPERD,) [illegible]

[illegible] (1989

[illegible]

[illegible]

1 - [illegible] (**Cardio Respiratory Fitness**):

[illegible] (Spirometer).

-2 [illegible] (**Body Composition**) : [illegible] (BMI) Body mass

index [illegible] ([illegible]) / [illegible] ([illegible]) = [illegible] ([illegible]/[illegible]^2) [illegible]

(218 [illegible] 1997

-3 [illegible] (**Flexibility**) [illegible] (Sit & Reach) [illegible] ([illegible]).

-4 [illegible] (**Muscular Strength and Endurance**) [illegible]:

[illegible]

(Sit- Up). [illegible] (AAHPERD, 1989).

.5 [illegible] (Grip Strength) [illegible]

([illegible]).

[illegible] 6) [illegible]

[illegible] (12-6 [illegible]).

[illegible] %90 [illegible]

[illegible].

[illegible] (test-retest) [illegible] (0.868) [illegible]

(5) [illegible]

[illegible]

[illegible]	[illegible]	
0.84	[illegible]	1
0.86	[illegible]	2
0.87	[illegible]	3
0.88	[illegible]	4
0.89	[illegible]	5
0.868	[illegible]	

(SPSS)

(t- Test)

(ANOVA)

(Scheffe)

[illegible]

[illegible]

[illegible]

[illegible]

[illegible] (12-6) [illegible]

[illegible] (6) [illegible]

(6) [illegible]

[illegible]

[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]
1,40	3,30	1,00	0.54	1,64	[illegible]	[illegible]	[illegible] (61 = [illegible])
-,36	23,63	13,12	2,32	19,24	[illegible]	[illegible]	
0,45-	41,00	20,00	5,55	32,49	[illegible]	[illegible]	
0,76-	57,00	13,00	10,19	38,06	[illegible]	[illegible]	
0,84	38,00	8,00	8,07	17,14	[illegible]	[illegible]	
3.35	4.00	0.80	0.48	1.38	[illegible]	[illegible]	[illegible] (49 = [illegible])
1,56	29,89	13,22	3,71	17,94	[illegible]	[illegible]	
0.69	34.00	5.00	5.14	15.98	[illegible]	[illegible]	
0.86	29.00	3.00	6.42	12.73	[illegible]	[illegible]	
0.36	18.00	2.00	3.52	8.04	[illegible]	[illegible]	

1,98	4,00	0,80	0,53	1,52	[illegible]	[illegible]	[illegible] (110 = [illegible])
0,81	29,89	13,12	3,07	18,66	[illegible]	[illegible]	
-0,07	41,00	5,00	9,83	25,14	[illegible]	[illegible]	
0,11	57,00	3,00	15,34	26,78	[illegible]	[illegible]	
1,20	38,00	2,00	7,87	13,09	[illegible]	[illegible]	

[illegible] (6) [illegible]:

- [illegible] (32.49) [illegible] (5.55) [illegible] (-0.45) [illegible] (15.98) [illegible] (5.14) [illegible] (25,14) [illegible] (0.69) [illegible] (9,83) [illegible] (-0,07).

- [illegible] (1.64) [illegible] (0.54) [illegible] (1.40) [illegible] (1.38) [illegible] (0.48) [illegible] (3.35) [illegible] .

- [illegible] (38.06) [illegible] (10.19) [illegible] (-0.76) [illegible] (12.73) [illegible] (6.42) [illegible] (0.86).

[illegible] (17.14) [illegible] - [illegible] (0.84) [illegible] (8.07) [illegible]

.(0.36) [illegible] (3.52) [illegible] (8.04) [illegible]

[illegible]

-6) [illegible]

12 [illegible]

[illegible]

[illegible] (t) [illegible]

[illegible] (5) [illegible] (BMI

[illegible] (t) [illegible]

. [illegible] (7) [illegible]

(7) [illegible]

[illegible] (t) [illegible]

[illegible]	(t) [illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]
0,64	0,46	1,59	10,00	61	[illegible]	[illegible]
		1,65	10,00	49	[illegible]	
*0,03	2,09	8,18	138,00	61	[illegible]	[illegible]
		10,07	134,00	49	[illegible]	
0,053	1,95	7,60	36,69	61	[illegible]	[illegible]
		10,88	33,24	49	[illegible]	

(α ≤ 0.05) [illegible] (*)

:[illegible] (7) [illegible]

- [illegible] (t) [illegible] (0.46) [illegible] (0.64).

- [illegible] (t) [illegible] (2.09) [illegible] (0.03) [illegible] (138.05) [illegible] (134.41).

- [illegible] (t) [illegible] (1.95) [illegible] (0.05).

- [illegible]

(**8**) [illegible]

[illegible] (**t**) [illegible]

[illegible]	(**t**) [illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]
*0.01	2,59	0,54	1,64	61	[illegible]	[illegible]
		0,48	1,38	49	[illegible]	
*0,02	2,24	2,32	19,24	61	[illegible]	[illegible]
		3,71	17,94	49	[illegible]	
*0.00	16,00	5,56	32,49	61	[illegible]	[illegible]
		5,14	15,98	49	[illegible]	
*0.00	15,14	10,20	38,07	61	[illegible]	[illegible]
		6,42	12,73	49	[illegible]	
*0.00	7,35	8,07	17,15	61	[illegible]	[illegible]
		3,52	8,04	49	[illegible]	

($\alpha \le 0.05$) [illegible] (*)

:Ŏ Ǵdž (8) ýĂþɳ!ƒ ǈdž ƧǌƱŏ

- ŀŏĂŏơ!ƒ ŀƶƪ!ƒ Ƨŏʓǩdž Ĭ Ƶ (α ≤ 0.05) ŀ!Ǖþ!ƒ ăĂǩƪdž þǉƵ ŀŏǅǴƬơƍ ŀ!Ǖþ ƘƒƦ ƨĂƧƼ þĂɳĂ ƺ Ŏǉǵƪơ Ʊƪ Ăǩdžǉ (ǈŏƧƬǉdž!ƒ) Ơ!ǴƬ! ƨĂƧƽ!ƒ Ƙǉǵǂ Ă (2.59) (t) ŀdžŏp Ƙƺ ŀ ŏơ .(1.38) ǼŏƧƬǉ ǈŏpǴƶdž!ƒ ŀƑ5 ăþ! ýdžơǩ! Ŏǉǵƪơ!ƒ Ʊƪ Ăǩdž!ƒ ƺ Ǵdžǉŏǉ (1.64)

- ƩĂ ɳ!ƒ Ƨŏʓǩdž Ĭ Ƶ (α ≤ 0.05) ŀ!Ǖþ!ƒ ăĂǩƪdž þǉƵ ŀŏǅǴƬơƍ ŀ!Ǖþ ƘƒƦ ƨĂƧƼ þĂɳĂ Ʊƪ Ăǩdžǉ ǕǈŏƧƬǉdž!ƒ Ơ!ǴƬ! ƨĂƧƽ!ƒ Ƙǉǵǂ Ă (16.00) (t) ŀdžŏp Ƙƺ ŀ ŏơ Ʃdž!ƒĂ ýŏĂƱ!ƒ ǼŏƧƬǉ ǈŏpǴƶdž!ƒ ŀƑ5 ăþ! ŀǉĂƧdž!ƒ Ƨŏʓǩdž! Ŏǉǵƪơ!ƒ Ʊƪ Ăǩdž!ƒ ƺ Ǵdžǉŏǉ (32.49) ƺ Ŏǉǵƪơ .(15.98)

- ŀ ŏơ ƩĂ ɳ!ƒ Ƨŏʓǩdž Ĭ Ƶ (α ≤ 0.05) ŀ!Ǖþ!ƒ ăĂǩƪdž þǉƵ ŀŏǅǴƬơƍ ŀ!Ǖþ ƘƒƦ ƨĂƧƼ þĂɳĂ ƺ Ŏǉǵƪơ Ʊƪ Ăǩdžǉ (ǈŏƧƬǉdž!ƒ) ŀƑ5 Ơ!ǴƬ! ƨĂƧƽ!ƒ Ƙǉǵǂ Ă (15.14) (t) ŀdžŏp Ƙƺ .(12.73) ǼŏƧƬǉ ǈŏpǴƶdž!ƒ ŀƑ5 ăþ! ƩĂ ɳ! Ŏǉǵƪơ!ƒ Ʊƪ Ăǩdž!ƒ ƺ Ǵdžǉŏǉ (38.07)

- ŀ ưǉ!ƒ ǀĂp Ƨŏʓǩdž Ĭ Ƶ (α ≤ 0.05) ŀ!Ǖþ!ƒ ăĂǩƪdž þǉƵ ŀŏǅǴƬơƍ ŀ!Ǖþ ƘƒƦ ƨĂƧƼ þĂɳĂ ƺ Ŏǉǵƪơ Ʊƪ Ăǩdžǉ (ǈŏƧƬǉdž!ƒ) ŀƑ5 Ơ!ǴƬ! ƨĂƧƽ!ƒ Ƙǉǵǂ Ă Ǖ(7.35) (t) ŀdžŏp Ƙƺ ŀ ŏơ .(8.04) ǕǼŏƧƬǉ ǈŏpǴƶdž!ƒ ŀƑ5 ăþ! ŀ ưǉ!ƒ ǀĂp Ʊƪ Ăǩdž ƺ Ǵdžǉŏǉ (17.15)

- (t) ŀdžŏp Ƙƺ ŀ ŏơ BMI Džƪɳ!ƒ ŀǩǂ ƧƬƌdž Ƨŏʓǩdž Ĭ Ƶ ŀŏǅǴƬơƍ ŀ!Ǖþ ƘƒƦ ƨĂƧƼ þĂɳĂ Ơ!ǴƬ! ƨĂƧƽ!ƒ Ƙǉǵǂ Ă (α ≤ 0.05) ŀ!Ǖþ!ƒ ăĂǩƪdž þǉƵ ǼŏǅǴƬơƍ ŀ!ƒþ ŀdžŏp ŎǋĂ Ǖ(2.24) ŀƑ5 ăþ! (BMI) Ƨŏʓǩdž Ʊƪ Ăǩdž ƺ ǈŏơ Ŏ5 (19.24) ƺ Ŏǉǵƪơ Ʊƪ Ăǩdžǉ (ǈŏƧƬǉdž!ƒ) .(17.94) ǼŏƧƬǉ ǈŏpǴƶdž!ƒ

njNjŁƨøĎĽ ǫøďľY ħŭĕƑƬøƟđ ħůľŰǭ ƖƐƤ ƼNjƥȝ ǫŒNjŁ ülj :ƘľƑƙľƐ üƐƊƨľƐ ĎžY ħĢƑŒŰƑĜ ħƽŧyƑĎŽľƐ ƛƏƑŁďžľƐ

ħøĭďǭĜľƐ ħøƽƑĭŧľƐ ƖƐƥƑøĜŁƢľƐ ĂøŧY ƑĭƥƬĜ ĎžĭƽƑyĎŽľƐ ƤĭĎŽűŁľƐ ƅƐǭĉ njNjŁƨĎĽ Ĭȝ (**α ≤ 0.05**) ħůľŰǭľƐ

Ý(ƘƑďĉ ÛƥNj|Ƥ) Ƨ ďŒľƐ ƥĭƹŁĎŽľ njƦyŁNj ħƟƬľƑĜ ħƯĜŁƥĎŽľƐ

ƴďžŋ ĬĭľƵ ƾĂƧƽ!ƒ ǇƵ ƻƬŧľľ! ŁľƖƙƪďž!ƒ ƘĢljöžľ! (t) ƧĜħƙƤƒ ƾöħƱƙ Ďžƙ ýƒƋƪ!ƒ ƒƦNj ǇNj ŁħĜŋű!

Ü(ĜďžNjűŧĂ ÜĜöƧƮħ ǇŏpĜžďž!ƒĂ ÜǇöƧƮħďž!ƒ) ǇöƙƑƽ!ƒ Ǉďž ýŧ ăƥ! Ʃljŋ!ƒ ƧöȝƙďžĮ ĜžħƙŁƪƒƧƥ!ƒ ƘƒƧöȝƙďž

.ǁ!Ʀ ƠưĂƙ (9) ýĂƒƥŋ!ƒ

(9) ýĂƥŋ

Ʃljŋ!ƒ ƧöȝƙďžĮ ĜžħƙĜöƧƮħ ǇŏpĜžďž!ƒĂ ǇöƧƮħďž!ƒ ƘƒƧöȝƙďž Ŏƽ ƾĂƧƽ!ƒ ǇƵ ƻƬŧľľ! (t) ƧĜħƙƤƒ ǋƑĜƙlj

ħůľŰǭľƐ ħŭĕƑƬƟŰƐ	(t) ħĎžĭƽ	ƯƨNjŁĎžľƐ ĬĢƑƨƟľƐ	ǫǭyľƐ	Ƨ ďŒľƐ	ƥĭƹŁĎžľƐ	ħYNjĎŽľĎžľƐ
*0.02	2,58	10,00	43	ƧŧƦ	Ƨďžž!ƒ	ǇöƧƮħďž!ƒ
		9,00	18	Ĭƛƥ		
*0.00	3,11	140,00	43	ƧŧƦ	ýĂƱ!ƒ	
		133,00	18	Ĭƛƥ		
0,07	1,78	37,00	43	ƧŧƦ	ǇƨĂ!ƒ	
		34,00	18	Ĭƛƥ		
0.38	0,87	10,00	28	ƧŧƦ	Ƨďžž!ƒ	ǇĂpĜžďž!ƒ ĜöƧƮħ
		9,00	21	Ĭƛƥ		
.350	0.932	135,00	28	ƧŧƦ	ýĂƱ!ƒ	
		132,00	21	Ĭƛƥ		
.160	1.42	35,00	28	ƧŧƦ	ǇƨĂ!ƒ	
		30,00	21	Ĭƛƥ		

(α ≤ 0.05) ăĂƙƪďž ƥljƵ ýƒƥ (*)

:Ǒǁő Ǵdž (9) ǅǻƨ ýĂƥŋ!ƒ ǇǄž ƨǌǙő

- ĂƥŋĂ ƨĂƨ5 Ǩƒǩ ƥŰ!Ī ǫơŢǴƑőĪ ƵǈƵ ǅĂǈă ƒ!ƥŰ!Ī (α ≤ 0.05) ǇǄő ƒ!ǨĬĂƨ ĂƒŰǈǴĬ ƵǁǏ
.ƨĂĬǨ!ƒ Ơ!ǴŢ! ǇőƨőƷǩdž!ƒ ƵǁǏ ƨĂƨƺ!ƒ ǨǈǴĬĂ ÜǇőƨŢhdž!ƒ ĬǈőƵ ăƥ! ýĂƱ!ƒĂ ƨdžƶ!ƒ ĭƨőƷǩdž
- ƵƥǅĂ ƥŋĂ ƨĂƨ5 Ǩƒǩ ƥŰ!Ī ǫơŢǴƑőĪ ƵǈƵ ǅĂǈă ƒ!ƥŰ!Ī (α ≤ 0.05) ǇǄő ƒ!ǨĬĂƨ ĂƒŰǈǴĬ
.ǇőƨŢhdž!ƒ ĬǈőƵ ăƥ! ǇƨĂ!ƒ ƨőƷǩdž ƵǁǏ
- ƥǈƵ ǫơŢǴƑőĪ ƵŰ!Ī Ǩƒǩ ƨĂƨ5 ƥŋĂ ƝƑǴǨǈ!ƒ ƨǌǙǨ ǅǆ5 ǴőƨŢh ǇőƿǴƶ!ƒ Ĭǈőƶ! ĬhƪǈĭǴh ǴdžǱ
.Ĭƪƒƨƥ!ƒ ǨƒƨőƷǩdž!ƒ ƴődžŋ ƵǁǏ ĬǴǈŰƒĂ ƨĂĬǨ!ƒ ǇǄő (α ≤ 0.05) ƒ!ƥŰ!Ī ăĂǈƪdž
ǇőƿǴƶdž!ƒĂ ǇőƨŢhdž!ƒ) ĬƪƒƨƥĬ!ƒ ĬǈőƵ ƥƒƨ5Ǖ ĬőǈƥǈƥƵ!ƒ ĬƿǴőǕ!ƒ ǨƒƨőƷǩdž Ǒ5 ƨĂƨƺ!ƒ ǇƵ ƧŢĬ!ƒ ǅǨ ǴdžĬ
.ƩǈŋŊƒ ƨőƷǩdž! ǴƶhǨ (ǴőƨŢh

[illegible] (**10**)

[illegible] (**t**) [illegible]

[illegible]	(**t**) [illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]
0,80	0,24	5,39	32,60	43	[illegible]	[illegible]	[illegible]
		6,08	32,22	18	[illegible]		
0,18	1,35	0,54	1,70	43	[illegible]	[illegible]	
		0,54	1,49	18	[illegible]		
*0,04	2,06	9,20	39,77	43	[illegible]	[illegible]	
		11,54	34,00	18	[illegible]		
.*000	3,19	8,33	19,14	43	[illegible]	[illegible]	
		4,97	12,39	18	[illegible]		
0,58	0,54	2,27	19,34	43	[illegible]	BMI	
		2,48	18,99	18	[illegible]		
.520	0.64	5.14	16.39	28	[illegible]	[illegible]	[illegible]
		5.22	15.43	21	[illegible]		
.310	1.02	0.30	1.44	28	[illegible]	[illegible]	
		0.65	1.30	21	[illegible]		
*0.00	5.50	6.10	16.18	28	[illegible]	[illegible]	
		3.15	8.14	21	[illegible]		
0.00	3.67	3.60	9.46	28	[illegible]	[illegible]	
		2.37	6.14	21	[illegible]		
0,10	1,66	3,60	18,69	28	[illegible]	BMI	
		3,71	16,94	21	[illegible]		

($\alpha \leq 0.05$) [illegible] (*)

[illegible] (10) [illegible]:

- [illegible] ($\alpha \leq 0.05$) [illegible] [illegible] [illegible] [illegible] [illegible] .

- ǇǑƨ Ʈ hdž!ƒ ƚƑ5 ăƥ! ($\alpha \leq 0.05$) ƚ!Ǚƥ!ƒ ăĂƙʅdž ƥǉƵ ƚǒƑƓƮơƍ ƚ!Ǚƥ ƘƒƦ ƽĂƨ5 ƥĂɳĂ Džƥ Ƶ

ƚǃƙǂ ƨƬƋdžĂ Ü ƚǒĂǒơ!ƒ ƚƶʅ!ƒ ÜƚǉĂƨdž!ƒ ƩƓǒl! Ʃdžǃ!ƒĂ ýǒĂƱ!ƒ ƩĂǃɳ!ƒ) ƘƒƨƓǃƙƤƒ ǏǃƵ

.Ʃǉɳ!ƒ ƨǒʓƙdž! Ɠƶǃƙ (BMI Džʅɳ!ƒ

- ƥǉƵ ƚǒƑƓƮơƍ ƚ!Ǚƥ ƘƒƦ ƽĂƨ5 ƥĂɳĂ ǋƑƓƙǉ!ƒ ƘƨǌƱƋ5 ǛǒƨƮǃ ǇǑƥƓƶdž!ƒ ƚǉǒƶ! ƚǃʅǉ!Ɠǃ ƓdžƉ

ÜƩǉɳ!ƒ ƨǒʓƙdž! Ɠƶǃƙ ƇƓƮ5ƨl!ƒ ƥĂƥƨ!ƒ ǇdžǨ ƩĂǃɳ!ƒ ƨǒʓƙdž ǏǃƵ ($\alpha \leq 0.05$) ƚ!Ǚƥ!ƒ ăĂƙʅdž

ƺǃǃ ǑǃƓʅơ ƱʅĂƙdžǃ (ƨĂǂƦ!ƒ) Ơ!ƓƮ! ƽĂƨƨ!ƒ ƘǉƓǂĂ Ü(5.50) (t) ƚdžǒƥ Ƙƺǃǃ ƚǒơ

.(8.14) ƚƓǉǙƒ ƱʅĂƙdž ƺǃǃ Ɠdžǉǒǃ (16.18)

- ƚưǃ!ƒ lĂƥ ƨǒʓƙdž ǏǃƵ ($\alpha \leq 0.05$) ƚ!Ǚƥ!ƒ ăĂƙʅdž ƥǉƵ ƚǒƑƓƮơƍ ƚ!Ǚƥ ƘƒƦ ƽĂƨ5 ƥĂɳĂ

ƽĂƨƨ!ƒ ƘǉƓǂĂ Ü(3.67) (t) ƚdžǒƥ Ƙƺǃǃ ƚǒơ ÜǛǒƨƮǃ ǇǑƥƓƶdž!ƒ ƚƑ5 ƥǉƵ Ʃǉɳ!ƒ ƨǒʓƙdž! Ɠƶǃƙ

.(6.14) ƚƓǉǙƒ ƱʅĂƙdž ƺǃǃ Ɠdžǉǒǃ (9.46) ƺǃǃ ǑǃƓʅơ ƱʅĂƙdžǃ (ƨĂǂƦ!ƒ) Ơ!ƓƮ!

ǇǑƥƓƶdž!ƒ ǅǋǉƒƨƥƒĂ ǇǑƨƮǃdž!ƒ) ýǂǂ ƚǉǒƶǃ! ƚʅƒƨƥ!ƒ ƘƒƨǒʓƙdžƱ ýǒdžɳ Ǒ5 ƽĂƨƨ!ƒ ǇƵ ƺƬǂ!ƒ Džƙ Ɠdžǂ

.Ǉ!Ʀ ƠưĂǒ (11) ýĂƥɳ ÜƩǉɳ!ƒ ƨǒʓƙdž! Ɠƶǃƙ (ƓǒƨƮǃ

(11) [illegible]

[illegible] (t) [illegible]

[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	(t) [illegible]	[illegible]
[illegible]	[illegible]	71	10,00	1,65	2,47	*.010
	[illegible]	39	9,00	1,43		
[illegible]	[illegible]	71	138,00	9,48	2,92	*.0040
	[illegible]	39	133,00	7,75		
[illegible]	[illegible]	71	36,00	9,30	2,47	*.000
	[illegible]	39	32,00	8,76		
[illegible] BMI	[illegible]	71	19,09	2,86	1,98	*0,04
	[illegible]	39	17,88	3,32		
[illegible]	[illegible]	71	26,21	9,56	1,55	0,12
	[illegible]	39	23,18	10,14		
[illegible]	[illegible]	71	1,60	0,47	2,00	*0,04
	[illegible]	39	1,39	0,60		
[illegible]	[illegible]	71	30,46	14,14	3,57	*.0010
	[illegible]	39	20,08	15,34		
[illegible]	[illegible]	71	15,32	8,32	4,32	*.000
	[illegible]	39	9,03	4,90		

* [illegible] ($\alpha \leq 0.05$)

:[illegible] (11) [illegible]

- [illegible] (0.05) [illegible]

[illegible] ([illegible]) [illegible].

- (0.05)

(BMI

(α ≤ 0.05)

(ANOVA)

(12)

(12) ýĂþŋ

ăþ! ĪþĠƵŰƒ ƖþƬ ƧŏƺƙdžƼ! ĠƶƕƙĪƪƒƧþ!ƒ ƘƒƧŏƺƙdž ƴŏdžŋ Ŏ5 ƾĂƧ5!ƒ ǇƵ ƻƬǂǃ! (ANOVA) ǐþĠơŰƒ ǇŏĠƕƙ!ƒ ƴŏǃơƙ ǋƑĠƙǈ

ŐŏƧƮƕ ǇŏþĠƶdž!ƒ ĪƵĂdžŋdž

ǀƕƙŰǁǃǃ ƕǐƏƑƬƟŰǀ	(F) ƕƼǏ5	ƯƨǋĦǇ ƖƑƴĠþǇǀ	ƖƑƜþǂ ƕǐþƟǀ	ƖƑƴĠþǇǀ ƱǋǂƜǇ	ƖƑĠƙǀ þǂƬǇ	þǏƹĦǇǀ
0,099	2,360	200,127	2	400,255	ƘĠƵĂdžŋdž!ƒ Ǉŏƕ	BMI
		84,786	107	9072,079	ƘĠƵĂdžŋdž!ƒ ýǚƤ	
			109	9472,334	Ŏǃǂ!ƒ	
*0,009	4,951	43,590	2	87,179	ƘĠƵĂdžŋdž!ƒ Ǉŏƕ	ýŏĂƱ!ƒ ƩĂǃŋ!ƒ ƩĠǃ! ƩdžǃƒĂ ĪǈĂƧdž!ƒ
		8,804	107	942,074	ƘĠƵĂdžŋdž!ƒ ýǚƤ	
			109	1029,253	Ŏǃǂ!ƒ	
*0,000	129,387	3725,162	2	7450,324	ƘĠƵĂdžŋdž!ƒ Ǉŏƕ	ĪŏĂŏơ!ƒ Īƶƪ!ƒ
		28,791	107	3080,631	ƘĠƵĂdžŋdž!ƒ ýǚƤ	
			109	10530,955	Ŏǃǂ!ƒ	
*0,026	3,763	1,010	2	2,020	ƘĠƵĂdžŋdž!ƒ Ǉŏƕ	þĂþƧ!ƒ Ǉdž ƩĂǃŋ!ƒ ĈĠƮ5Ƨǃ!ƒ
		0268Ü	107	28,723	ƘĠƵĂdžŋdž!ƒ ýǚƤ	
			109	30,744	Ŏǃǂ!ƒ	
*0,000	115,481	8764,815	2	17529,630	ƘĠƵĂdžŋdž!ƒ Ǉŏƕ	Īưƕǃ!ƒ ǇĂþ
		75,898	107	8121,134	ƘĠƵĂdžŋdž!ƒ ýǚƤ	
			109	25650,764	Ŏǃǂ!ƒ	

$(\alpha \le 0.05)$ ăĂƙƪdž þǈƵ ýƒþ (*)

:Ŏǃŏ Ġdž (12) ýĂþŋ!ƒ Ǉdž ƧǌƱŏ

- ƧƬƋdž ƧŏƺƙdžƼ Ŏ5 $(\alpha \le 0.05)$ Ī!Ůþ!ƒ ăĂƙƪdž þǈƵ ĪŏƑĠƮơƒ Ī!Ůþ ƘƒƦ ƾĂƧ5 þĂŋĂ ǅþƵ .ĪƪƒƧþ!ƒ ĪǈŏƵ ƘĠƑ5! ĠƶƕƙÜ(BMI) ǅƪŋ!ƒ Īǃƙǃ
- ƘƒƧùŏƺƙdž!ƒ ƴùŏdžŋ Ŏ5 $(\alpha \le 0.05)$ Ī!Ůþ!ƒ ăĂƙƪdž þǈƵ ĪŏƑĠƮơƒ Ī!Ůþ ƘƒƦ ƾĂƧ5 þĂŋĂĂ Ǉùdž ƩĂǃŋ!ƒ Ü ĪŏĂŏơ!ƒ Īƶƪ!ƒ ÜĪǈĂƧdž!ƒ ƩĠǃ! Ʃdžǃ!ƒĂ ýŏĂƱ!ƒ ƩĂǃŋ!ƒ) ƘƒƧĠƕƤů! ăƧƤŰƒ

ƽĂƧùƼ!ƒ ƴƿƒĂdž ǇƵ ƨƬǂǁ!Ă ÜƗƪƒƧƥ!ƒ ƗǉöƵ ƥƒƧƼƊ ƴǒdžƞ ăƥ! (ƗưƮ!ƒ ǀĂƿ ÜƇƇƬƼƧ!!ƒ ƥĂƿƧ!ƒ

.ƗöƥƶƮ!ƒ ƘƇǉƧƇǀdžǁ! (Scheffe) ƝöƼöƬ ƧƇƮƙƤƒ ƽöƮƱƙ ƊƙƘ

(13) ýĂƥƞ

ƧƇƬƮÚƒ ƗƑƼ! ƇƶƮƙ ƗƪƒƧƥ!ƒ ƗǉöƵ ƥƒƧƼƊ ƴǒdžƞ ăƥ! ƘƒƧöƺƙdž!ƒ ÕƼ ƽĂƧƼ!ƒ ƴƿƒĂdž ǇƵ ƨƬǂǁ! (Scheffe) ƝöƼöƬ ƧƇƮƙƤƒ ƝƑƇƘǉ

LJĂ5Ă5ǂdž!ƒ	ƧƬƮ!ƒ ƨƇƶư	LJĂƧƬƮdž!ƒ	ǏƇƨƟǁ ƯƨǋƗƊǁ	ƥƑƬƇÜƐ ƮƟƺ	ƥĭƸƗƊǁ
*15.64	17,49*	-	32,49	LJĂƧƬƮdž!ƒ	ýöĂƱ!ƒ ƩĂǁƞ!ƒ (ƗǉĂƧdž!ƒ) ƩdžǁƒĂ
-1,85	-		15,00	ƧƬƮ!ƒ ƨƇƶư	
-	-	-	16,85	LJĂ5Ă5ǂdž!ƒ	
*0.32	0,19		1,64	LJĂƧƬƮdž!ƒ	ƗöĂöơ!ƒ Ɨƶƪ!ƒ
0,13	-		1,45	ƧƬƮ!ƒ ƨƇƶư	
-			1,32	LJĂ5Ă5ǂdž!ƒ	
*24.03	*26,81	-	38,07	LJĂƧƬƮdž!ƒ	ƥĂƿƧ!ƒ LJdž ƩĂǁƞ!ƒ ƇƇƬ5Ƨ!!ƒ
-2,78	-		11,26	ƧƬƮ!ƒ ƨƇƶư	
-			14,04	LJĂ5Ă5ǂdž!ƒ	
*8.96	*9,28	-	17,15	LJĂƧƬƮdž!ƒ	ƗưƮ!ƒ
-0,32			7,87	ƧƬƮ!ƒ ƨƇƶư	
			8,19	LJĂ5Ă5ǂdž!ƒ	

(α ≤ 0.05) ăĂƙƪdž ƥǉƵ ýƒƥ (*)

:Õǁö Ƈdž (13) ýĂƥƞ!ƒ LJdž ƧǌƱö

- ƗƮƪǉ!ƇƮ ƧöƺƙdžƩ ƧƇƮƙƤƒ ƩĂǁƞ!ƒ ýöĂƱ!ƒ ƩĂǁdžƒĂ ƩƇöƖ! :ƗǉĂƧdž!ƒ ƘǉƇǂ ƽĂƧƼ!ƒ LJöƮ LJĂƧƬƮdž!ƒ

ÕƮƇƪơ!ƒ ƱƪĂƙdž!ƒ ƸǁƮ ǂöơ LJĂƧƬƮdž!ƒ ƠƇƬ!Ă ƧƬƮ!ƒ ƨƇƶưĂ LJĂ5Ă5ǂdž!ƒ LJdž ýǂĂ

ƧƬƮ!ƒ ƨƇƶưĂ ƇöƧƬƮ LJöƿƇƶdž!ƒ ăƥ! ƗǉĂƧdž!ƒ ƱƪĂƙdž ƸǁƮ ƇdžǇöƮ (Ɗƪ 32.49) ƇǌöƥƘ ƗǉĂƧdž!ƒ

.Õ!ƒĂƙ!ƒ ǏǁƵ (Ɗƪ 16.85) (Ɗƪ 15.0)

- Ơ!ǴƮ!Ă ǇĂ5Ăǂǆ!ƒĂ ǇĂƨƮǆ!ƒ ǇǑ ƾĂƨƨ!ƒ ƘǇǴǂ : ǂǑĂǑơ!ƒ ǂƺƪ!ƒ ƨǒƺǆ! ǂƪǇ!Ǵ

Ʊƪ Ăǆ Ʃ ǴǆǇǑ (ƨǩ! 1.64) Ǵnjǒƥ! ǂǑĂǑơ!ƒ ǂƺƪ! ǑǴƪơ!ƒ Ʊƪ Ăǆ!ƒ Ʃ ǂǑơ ǇĂƨƮǆ!ƒ

.(ƨǩ! 1.32) ǇĂ5Ăǂǆ!ƒ ăƥ! ǂǑĂǑơ!ƒ ǂƺƪ!ƒ

- ǇǆǇ ýǂĂ ǇĂƨƮǆ!ƒ ǇǑ ƾĂƨƨ!ƒ ƘǇǴǂ :ƇǴƮ5ƨl!ƒ ƥĂpƨ!ƒ Ǉǆ ƩĂƞ!ƒ ƨǒƺǆ! ǂƪǇ!Ǵ

(38.07) Ǵnjǒƥ! ǑǴƪơ!ƒ Ʊƪ Ăǆ!ƒ Ʃ ǂǑơ ǇĂƨƮǆ!ƒ Ơ!ǴƮ!Ă ƨƮ!ƒ ƻǴƺưĂ ǇĂ5Ăǂǆ!ƒ

.Ǒ!ƒĂǩ!ƒ ǏƵ (11.26) (14.04) ƨƮ!ƒ ƻǴƺưĂ ǇĂ5Ăǂǆ!ƒ ăƥ! Ʃ ǴǆǇǑ

- ƻǴƺưĂ ǇĂ5Ăǂǆ!ƒ ǇǆǇ ýǂĂ ǇĂƨƮǆ!ƒ ǇǑ ƾĂƨƨ!ƒ ƘǇǴǂ :ǂư!l!ƒ lĂp ƨǒƺǆ! ǂƪǇ!Ǵ

ăƥ! Ʃ ǴǆǇǑ (Ǉƺǂ 14.15) Ǵnjǒƥ! ǑǴƪơ!ƒ Ʊƪ Ăǆ!ƒ Ʃ ǂǑơ ǇĂƨƮǆ!ƒ Ơ!ǴƮ!Ă ƨƮ!ƒ

.Ǒ!ƒĂǩ!ƒ ǏƵ (7.87) (8.19) ƨƮ!ƒ ƻǴƺưĂ ǇĂ5Ăǂǆ!ƒ

(12-6)

(BMI)

ǈùdž (Ɨljù ʅ 12) ƗŏƧdžƶ!ƒ ƗƑƽǁ! (BMI) Ƨŏʓǩdž! ýĂǁǀdž!ƒĂ Ǒƶŏǁ Ʊ!ƒ ăþdž!ƒ ǈǁ Ĭ!ǫ ǀƧƠŰƒ Ƨþƞ ǩĂ .(4)

Ɨʅƒ Ƨþ!ƒ ƗljŏƵ þƒƧ5Ű ýĂǁǀdž!ƒ ăþdž!ƒ ǈdž ư ƇƠƞ (BMI) Ƨŏʓǩdž ǈǁ ýĂǀ!ƒ ǈǂdžŏ Ǒ!Ǵ!ǴĂ Ü(23 - 17)

.ǴŏƧ Ʈǁ ǈŏpƠƶdž!ƒĂ ǈŏƧ Ʈǁdž!ƒ

ƻ ùǁǩƤŏ Ů ĂơǊ Ĭǁ Ƶ Ƨŏʅŏ ǈƨĂ!ƒĂ ýĂƱ!ƒ Ǒ5 Ǒdž ʅƞ!ƒ ĂdžǊ!ƒ ǈǁ (2012 ÜǈĂƧƤƈ þdžơǁ) Ƨǂƚŏ Ǵdžǂ5

Ǒǁ ư ùƶ!ƒ ƧƨĐùǩ!ƒĂ Ǒùǂ Ƨơ!ƒ ƭ ʅǴǩ!ƒ ƘƒƧǴnjdž Ǒ5 ƧĂ Ʈ!!ƒ Ư ƶǁ ǈǁĂ ÜǈŏƧ Ʈǁdž!ƒ ýǴƽƱŰƒ ĂdžǊ ǈƵ

ƒƦùǋĂ ăƧƤǁ Ɨnjƞ ǈdž þŏǁǀǩ!ƒ ƒ Ƨ5 ǈdž ǈǴdžƧơǁ!Ă Ɨnjƞ ǈdž Ǒǂ Ƨơ!ƒ ƱƠƮǊ!ƒ ƒ Ƨ5 ƗŏþĂþơdž! ƗƞŏǩǊ

ǈŏpĂùƶdž!ƒ ǅǴùƞơŰ Ɨùŏǂ Ƨơ!ƒ ǈŏƧǴdžǩ!ƒĂ ĭ Ƨƞ!ƒĂ ƨƽǀ!Ǵǂ Ɨŏǂ Ƨơ!ƒ ƘƒƧǴnjdž!ƒ ǈdž Ƨŏǂ!ƒ Ĭǁ Ƶ Ɣơʅǈŏ

Ǒù5 ýùǁƤ ƚ þơŏ þp ƒƦNjĂ ǅþǀ!ƒ ǀƧǂ Ăǁ ĭ Ƨƞ!ƒ ÜǑƮdž!ƒ ýǂdž Ɨŏ ưǴŏƧ!ƒ ƔǴƶ!Ű Ɨʅ ƧǴdždž ǈƵ ǴŏƧ Ʈǁ

.ǴŏƧ Ʈǁ ǈŏpǴƶdž!ƒ ăþ! Ɨljdž ʅ!ƒ ǀƧNjǴǋ Ǒ5 Ǵǁǁ ʅĂ ƗpǴƱ!ƒ ǁ ůnjǩʅƒ ǈƨƒĂǩ

ǀƧþù!!ƒ ƒ ùǁǊ ƘƧnjǋǁ Ǒǩ!ƒ (2006ÜǅǴŏƮ) Ɨʅƒ ƧþĂ (2011 ÜƗljơǴŏƧ!ƒ) Ɨʅƒ Ƨþ ƴdž Ǵ ư ŏǁ ƭ5ǩǩ ƚŏơ

Ɨùpǁǁ! Ǒǁŏ Ƨþùǩ!ƒ ǋdžǴljƧǁǁ! ƳĂ ư Ƥ!ƒ þƶǁ ƘljʅơǩǑǩ!ƒĂ ǴŏƧ Ʈǁ ǈŏpǴƶdž!ƒ ăþ! ƗƵƧʅ!ƒĂ ýdžơǩ!ƒ Ĭǁ Ƶ

Ǒùǩ!ƒ (Lieberman et. al. , 2010) ljƇŭdžƨĂ ǈǴdžƧǁŏ! Ɨʅƒ Ƨþ ƴdž Ɨŏ!Ǵơ!ƒ Ɨʅƒ Ƨþ!ƒ ƭ5ǩǩĂ .ƗŏljþǁǑ!ƒ

.ǴŏƧ Ʈǁ ǈŏpǴƶdž!ƒ þƒƧ5Ű ăþ! ǑƑƵĂ!ƒ Ǒǁǁ!ƒ ýdžơǩ!ƒ ăĂǩ ʅdž Ǒljþǩ ƘƧnjǋ

ƒ ǀǊ ǈdž ǈĂljǴƶŏ ǴŏƧ Ʈǁ ǈŏpǴƶdž!ƒ ǈƒ ƘƧƠƒ Ǒǩ!ƒĂ (Blessing, 1993) ǋljʅŏǁǁ Ɨʅƒ Ƨþ ƴdž ƭ5ǩǩ Ǵdžǂ

ƴdž ƭ5ǩǩ Ů Ɨʅƒ Ƨþ!ƒ ǈǁ ǈŏơ Ǒ5 .ƗpǴǁ! Ǒǁŏ Ƨþǩ ǋdžǴljƧǁǁ ǅNjƧĂƧdž þƶǁ ƗŏƑƵĂ!ƒ Ɨŏǁǁ!ƒ ƗpǴǁ!ƒ Ǒ5

ǈŏǁ ƭĂƧ5 þĂƞĂ ǅþƵ ƘþƞĂǁ Ǒǩ!ƒ (Williams, C. & Others, 1996) ljƇŭdžƨĂ ƨdžǴǁǁŏĂ Ɨʅƒ Ƨþ

.ýdžơǩ!ƒ Ĭǁ Ƶ ƒƧƮƋdž þƶǩ Ǒǩ!ƒĂ ƗŏƑƒĂnj!ƒ Ɨƶʅ!ƒ Ǒ5 ǴŏƧ Ʈǁ ǈŏpǴƶdž!ƒ

[illegible]

[illegible] (12 - 6) [illegible]

[illegible] (BMI [illegible] (4).

[illegible]

[illegible]

[illegible] (BMI [illegible]

[illegible].

[illegible] (2009) [illegible]

[illegible]

[illegible] (1998) [illegible]

[illegible].

[illegible] (2001) [illegible]

[illegible].

[illegible] (1993) [illegible]

[illegible].

[illegible] Colak [illegible] (2004) [illegible]

[illegible].

[illegible] (%46) [illegible] (1983) Seelye [illegible]

[illegible].

(α ≤ 0.05)

(BMI)

(α ≤ 0.05)

(Scheffe)

(α ≤ 0.05)

[illegible]

[illegible]

(Lieberman et. al., [illegible]

[illegible] ((Meek & Maguire,1996) [illegible] 2010)

[illegible] (Seelye,1983)

[illegible]

(Williams, C. & Others, 1996) [illegible]

[illegible]

[illegible]

1- [illegible]

[illegible]

[illegible]

2- [illegible]

[illegible]

3- [illegible]

[illegible]

[illegible]:

– [illegible] .(2001) [illegible]

[illegible].

– [illegible] .(2002) [illegible]

[illegible].

– [illegible] .(1425[illegible]) [illegible]

[illegible]

[illegible]

. [illegible] 1425 / 3 / 13-12 : [illegible]

– [illegible] .(2005) [illegible]

[illegible].

– [illegible] .(2010) [illegible]

– [illegible] .(2006) [illegible]

[illegible].

– [illegible] .(2008) [illegible]

[illegible].

- [illegible] .(2011) [illegible]

- [illegible] (2008) [illegible]

- [illegible] .(2004) [illegible]

- [illegible] .(2006) [illegible] .(31) (2) 321-365.

- [illegible] .(2012) [illegible]

- [illegible] .(2011) [illegible]

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- (2012 [illegible]).

- [illegible] .(1988) [illegible]
- [illegible] .(2012) [illegible]
- [illegible] .(2006) [illegible]
- [illegible] .(1978) [illegible]
- [illegible] .(2009) [illegible]
- [illegible] .(1998) [illegible] (9 [illegible] 7) [illegible]
- [illegible] .(1992) [illegible]

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- [illegible] (2010). [illegible]
- [illegible] (2001): [illegible]
- [illegible] (1994). [illegible]
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:ŀǐĞƺШǗƐ ՍШƐƥǅǏƐ

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(1) [illegible]

[illegible]

(Health Related Physical Fitness Tests)

[illegible] (AAHPERD, 1989) [illegible] (BPFT, 1998) [illegible]:

[illegible] (**Cardio Respiratory Fitness**).

- [illegible]

[illegible] (**Body Composition**).

[illegible] (BMI)

[illegible] (**Flexibility**).

- [illegible] (Site & Reach).

[illegible] (**Muscular Strength & Endurance**)

❖ [illegible]

- [illegible] (Sit – Up).

❖ [illegible].

- [illegible] (Sit – Up) Modified.

(**2**)

1. (BMI)

(BMI)

$(BMI) = BM \hat{I} \; Ht^{2}$

BMI:

BM:

Ht^{2}:

(50)

1.

2.

3. [illegible]

4. [illegible]

5. [illegible]

6. [illegible]

7. [illegible]

[illegible]:

[illegible]:

1. [illegible]

2. [illegible]

3. [illegible]

4. [illegible]

[illegible]:

1) [illegible]

2) [illegible]

3) [illegible]

4) [illegible]

(3)

(Sit & Reach)

1- 12 … 12

12 … 10

12 … 21

2-

3- 23

4- 1 … 3

5- (9 … 50)

: l ƑDŽĭǂyǂllƐ

- ƠdžƖŏ Ʀŏdžǚkl! ýhƿ ƧGhkƤǙƒ DžGŏl!ƒ Ʋzhh ƘGljŏƧdžk!ƒ Ƚ!ĜƱǗƒ ǂƱŏƖh!ƒ ǂĂlj ƳĂlj LJùdž CĜùdžơǗƒ

(ƦƤ5l! ǂŏ5lƤ!ƒ Ƙǚ ưz!ƒĂ ÜƧnjU!ƒ ýƼƖD Ƙǚ ưƵ) ƧGhkƤǙƒ ǑklƱljdž!

- DžĂlŏ Ʀŏdžǚk!ƒ ýlƤh ƦơƒƒnjDž Ƨ!ĜŏưǑ ĂƞlĂƩ!ƒĂ Σ ýhGldž ƞƒlD ƧGhkƤǙƒ Ǒk!ƒ ǂĂLJ ƖljƞlƞdžLJ ƵlǓù Ǐ

ƠĜƑƱ ŏưdžLJ Ƶƞž ƘƧŏǂǌGÜ ĂǂĂLJ ǙƧƞý ždžƞĂƞl hƬǂý ǂGdžý ĂǂĂLJ ƒ!džƖù ƖĜ5ǂ hù ŏLJ

ƒ!ǂhŏLJ ždžƖĜ5ǂ ŏLJ ǗǂƙG ƻ . ŏǂĂLJ lƞždžGLJ ždžƖƱơĜLJ ĂždžƞĂƞƒLJ ƵlǏ

Ă!Ɵ ǗƞƒlÜ ƙƙƨ!ƨ Ʀƨƒ!ƵǑ ƒ!ldžŏƦ ơŏ ǂ ǂŏĂLJ ǂƼŏ ǓN !ǚƖƼý džy Ăưƴ ǂ ƻ 5Ăƨ ǙƤùƧÜ

ŏơĜĂý ƒ!ƙldžŏƦ hzƞ Ʀ!ǁ ƒ!ĂƬĂý !ǚdžĜD hơŏ ǂ ƙƙƨ!ƨ DƬĜhy Ǘhzƞ ljlƱǂ ŏƙƱŏy ƒ!ĂƬĂý

ƍ!ŏǌĜ hlŏĜ Σ ƒ!džƖƱƧl ƒ!džƖhǂ Ƶl Ǐ ƒǙƞƒ ĂždžLJ ƛDž ŏƛh Ƙ Ƶl Ǐ ljƦƒ ƒ!Ăưƴ ƒ!Ʀ Ǐ ŏƬ ý ƍ!ŏù ǊN

.!ždžƞ ƛĜljŏǂ Ƶl Ǐ ƒǙƿý.

ƐllždžǂƑƏƛ: ƙƖý ljkŏƞǂ (4) ždžơĜĂǓƘ ŏƬ ý ƍ!ŏǌĜ ƒ!ldžŏƦ ĂkŏDž kƖƞŏý D5ưĜ ždžơĜĂ!ǂ ǙƿƧƳ (ƖDž) . kzkƧ

.ƒ!ždžơĜĂ!ǂ 5ĜƬlǂ ĂƵlǏ ƒ!ldžŏƦ ƍƵĜƞkǌĜ.

1. ƍƦƒ ƒljƙǶƒ !ƧǂhkĜLJ DƙljĜC ǙƞƒC.

2. ƍƦƒ !dž kƬ ý ƒ!ŏƞƒLJ hƬǂý ždžkĂƒɘ ždžkƖĜĂ.

(4) [illegible]

([illegible]) [illegible]

(Sit- Up)

- [illegible]

- [illegible]

- [illegible] (45-30) [illegible]

- [illegible]:

- [illegible] (45-30) [illegible] (90) [illegible]

- [illegible]

- [illegible]

- [illegible]

[illegible]

- [illegible] (60)

[illegible]

[illegible]

- [illegible]

- [illegible]

(5)

(**6**) ƽƟǂǅǅ

ƶƮǴǁǁ ƔǊǉ ƥƑǂƠƐ

Grip Strength

- :ƥƑǂƠǗƐ ǅǅǅ ƙ ƥƸƐ

ƩǴǒ ƖǍǒ ƙǗ ưƵ ƗǍǍǊǁ ƗǂƇ ƚǍǊǁǅǒǁ ăƧƪǒǁ (ƴƉƮǊǑ! ƗǒǍǁǅǕ! ƙǗưƶ!ƒ).

- : ƖƐǉǍǓƐ

- ƨƇǈƞ (Hand Dynamometer) ǊǌǅƩ ƩƋǍǌǁ ƩƧƥǅǅ.

ƔǍǍ (Jamar) Ǌ (Preston) Ǌ Made in USA.

- :ƅƐǍǓƐ ƖƑƵƮƐǊǅǅ

1. ǅǅǅ ǁǁ ƨǅǅǅǅ ǉǅǅǅǅǅǅƥǒ ƗưƶǁǅƗ ǅǅǅƥǍ ƚǍǅǅǒǁ ƗǍ ăƧƪǒǁ ǉƨǍǅǅǅǅ ƗǒƠƶ ǅǅǅǅ ƟǊǁƫǁ ƗưƶǁǅƗ ƥǒǁ.

2. ǊǂǁǊ ƔƒƧǁǁ ǉƥǂǅǅǅ ǅǅǅǅ ǅƚǊ ƥǅƫǅ ǉƥǒǑǅǅ ǅǅǅ ƪƽƧǅǁ ǅǅǅ ǂǁ ǅƫǊ.

3. ǒǍǅǅ ǅǅǁ ƠǅƦƵ ƗǍƘǅƠǅ ƚǍ ǅǒ ƨǅǅǅǅǅǅǅǅƥǁǅ ƗǍǅƠǅǅ ƦƒƧƤ ǅƮǍ ƙ ǉƍǍ ǂǉǅǅǅ.

- :ƅƐǍǓƐ ƯǊƥƪ

1. ǒǊƔ ƗǍǍ ƚǍǅǅǅǁ ǅ ǅǅǅ ƩǂǍǅǒ ǍǍ ǍƩǊǅǅƪǊ ǅǅǅǅ ǊǍ ǍƍƧǕǂ ƗƧƍ Ǎ ǊǍǅǅƧǂǊǍ.

2. ǒǊƔ ǅǅ Ǔ ƐƓƥǓǁ ǍǍ ǍƞǊƧǅǅ ƔƒƧǁǁ ǅǅǅǅǅ ǅƨǍǍǅǅǅǅǅǅǅǅƥǁǅ.

3. [illegible]

4. [illegible]

5. [illegible]

6. [illegible]

- [illegible]:

- [illegible] (30) [illegible]

- [illegible]

- [illegible] :BIM [illegible]

- [illegible] BIM [illegible]

- [illegible] BIM [illegible]

- [illegible] BIM [illegible]:

1. Ǉǈ ǉʅƕƗ ƒ!Tơ ǍǄ 5Ǒ ƒ!ɳʅǄ ƙƙʒǒƧ ždƴ ƙʒǒƧ ƒ!ƶždƧ.

2. ǇǊ ǉʅƕƗ ƒ!TơǍǄ !ƥă ƒ!ǊǈǉƘ ƙƤǅƻ ƵǉǈǆǓ !ƥă ƒŪǍŬƥ.

3. žǆƶƥý ƒ!ǍƨǇ ƒ!ƮơǑ ǒƙʒǒƧ ƚý TǌƧ žǅǇ ƵžǅƧ ƚǚ ƒ!ɳǉʅǒǇ.

4. žǆƶƥý ƒ!ǍƨǇ ƒ!ƮơǑ ǒƙʒǒƧ ždƴ ƨǒǈƥƚ ƒ!ƱǍý.

الصفحات 86-88 مفقودة من المصدر
خطأ في الترقيم

ملحق (7)

استمارة تسجيل النتائج

النتائج والقياسات الأولية لاختبارات اللياقة البدنية (المعاقين بصريا)

الرقم	الاسم	الشعبة	الجنس	الصف	الميلاد	الطول	الوزن	BMI	درجة الإعاقة			الجلوس الطويل واللمس	السعة الحيوية	الجلوس من الرقود القرفصاء	قوة القبضة
									B1	B2	B3				
1															
2															
3															
4															
5															
6															
7															
8															
9															
10															

ملحق (8)

استمارة تسجيل النتائج

النتائج والقياسات الأولية لاختبارات اللياقة البدنية (المبصرين)

الرقم	الاسم	الشعبة	الجنس	الصف	الميلاد	الطول	الوزن	BMI	الجلوس الطويل واللمس	السعة الحيوية	الجلوس من الرقود القرفصاء	قوة القبضة
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												

(**9**) 5θǂŀǍ

بسم الله الرحمن الرحيم

وزارة التربية والتعليم

مديرية التربية والتعليم لمنطقة عمان الرابعة

الرقم: ١٣/ ٢١٩٢

التاريخ: ١١/ ٤/ ١٤٣٣ هـ

الموافق: ٤/ ٣/ ٢٠١٢

مدير مدرسة عبد الله بن ام مكتوم للمكفوفين

الموضوع: البحث التربوي

السلام عليكم ورحمة الله وبركاته،،

تقوم الطالبة/ سوزان عطا الله راشد الحايك بإجراء دراسة بعنوان " اللياقة البدنية المرتبطة بالصحة لدى التلاميذ من سن (٦-١٢) سنة-مقارنة بين المبصرين والأطفال المعاقين بصرياً " وذلك استكمالاً لمتطلبات الحصول على درجة الماجستير تخصص التربية الرياضية في جامعة اليرموك، وتحتاج إلى تطبيق اختبارات اللياقة البدنية المرتبطة بالصحة على الطلبة.

يرجى تسهيل مهمة الطالبة المذكورة وتقديم المساعدة الممكنة لها.

مع الاحترام،،

مدير التربية والتعليم

مدير الشؤون التعليمية والفنية

الدكتور محمد مجاهد

نسخة/ مدير الشؤون التعليمية والفنية

نسخة/ مدير التدريب، التأهيل والإشراف التربوي

نسخة/ كاتبة الإشراف

٢٠١٢/٤/١١

هاتف: ٥٦٥١١٩٨٠ - ٥٦٥١١٩٧ ، ٥٦٥٦٣٣٤ - ٥٦٥١١٩٥ فاكس: ٥٦٥١١٠٣

(**10**) 5Ɵ‡ĐŽ

ƕĐŽŇĐŽŀĕ ŭĭŇ ƨł ƒ ƑĦl



جامعة اليرموك
YARMOUK UNIVERSITY

كلية التربية الرياضية
Faculty of Physical Education

الرقم: ك ت ر/١٠٧/٥٠/٦٩
التاريخ: ٣٠ ربيع أول/١٤٣٣ هـ
الموافق: ٢٢/شباط/٢٠١٢ م

الأكاديمية الملكية للمكفوفين

الموضوع: تسهيل مهمة

السلام عليكم ورحمة الله وبركاته،،،

تقوم الطالبة سوزان عطا الله راشد الحايك إحدى طالبات كلية التربية الرياضية في جامعة اليرموك ورقمها الجامعي (٢٠٠٩٣٨١٠٠٧) بإعداد رسالة الماجستير في "اللياقة البدنية المرتبطة بالصحة لدى التلاميذ من سن (٦ - ١٢) سنة دراسة - مقارنة بين المبصرين والأطفال المعاقين بصريا".

أرجو التكرم بالموافقة والإيعاز لمن يلزم لتسهيل مهمة الطالبة المذكورة وتمكينها من تطبيق اختبارات اللياقة البدنية المرتبطة بالصحة على الطلبة.

وتفضلوا بقبول فائق الاحترام،،،

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Abstract

Hayek, Suzan Atallah. **Health Related Physical Fitness of (6 – 12 Years Old) Children: A Comparative Study Between Sighted and Visually-Impaired**, 2013 (Supervisor: Dr. Hussein Abu Rouz).

The present study aimed to compare level of fitness associated with health among students aged 6 - 12 years has been applied to a sample of (N= 110) students blind and sighted (N= 49 students) of the Jordan Academy for the Blind, (School Abdullah Bin Um Mactom) from age (6-12) of the visually impaired in (1st _ 6th grade) (N= 61 students) from Dar- ASalaam Secondary School, Fourth Amman Directorate . All (blind and sighted) measurements preliminary in both (height weight, and the equation of body mass index BMI) The Study used Brockport Physical Fitness Test (BPFT), (Fitness cardio respiratory: Running & Walking Test, BMI: through the equation: weight (kg) / square of the height (m) = Unit (kg / m 2), flexibility: sit & reach test, Strength and muscular endurance: Sit- Up test, Muscle Strength: (Grip Strength). The study results showed Mean of the (flexibility, endurance sit and fist BMI) with visually impaired less than the sighted, as results showed no statistically significant differences between sighted and visually impaired in all elements of fitness (flexibility, endurance, sit, grip, and BMI), in addition to the presence of statistically significant differences on all of (sit-up and grip) for males. Results showed no significant differences statistically in variables (age, weight, and body mass index (BMI), according to the categories of the study sample (sighted, visually impaired). Presence statistically significant differences at the level of ($\alpha \leq 0.05$) on each of the variable(length, flexibility, endurance, sit-up, grip) by category of vision (sighted, visually sight, visually impaired) for Sighted and this means that the sighted student with a higher level of fitness and physical preparation compared with the visually impaired and blind student. The study recommended attention to give physical fitness for visually impaired children more attention, and engage Visually impaired student in various sports activities. And address weaknesses in visually impaired children, and attention to the training of physical education teachers and rehabilitation.

Key words: Health Related, Physical Fitness, Visually-Impaired, Comparative.